# STOP THE SPREAD OF COVID-19

# COVID-19 TESTING IS AVAILABLE IN ALEXANDRIA

## 1 CHECK FOR SYMPTOMS

The most common symptoms of COVID-19 are fever of 100F or higher, cough, or shortness of breath.

If you have severe symptoms or have mild symptoms and are over 65 years old, pregnant, have a serious medical condition, or are in another high-risk category, **continue to step 2.**

**IF YOU HAVE MILD OR NO SYMPTOMS, YOU DON'T NEED TO BE TESTED.**
Most people who get COVID-19 recover on their own at home and do not need testing or treatment. Anyone with symptoms of respiratory illness should isolate themselves; avoid contact with other people; wash their hands frequently; disinfect surfaces regularly and follow the steps at alexandriava.gov/Coronavirus under "If You're Sick."

## 2 CALL FIRST

If you're having chest pain or trouble breathing, call or text 911.

Otherwise, call your doctor if you have one.

If you don't have a doctor or insurance, call one of the clinics listed at alexandriava.gov/Coronavirus under "If You're Sick."

**The doctor or clinic will make an appointment** for you to be screened in person or online. To protect others, do not visit your doctor or clinic without calling ahead.

## 3 GET SCREENED

If you are screened online and need a test, the doctor or clinic will schedule an appointment for you or refer you to a testing site.

If you are screened in person, and the doctor determines you need a test, the doctor or clinic will collect a test sample on the spot if they are equipped as a testing site, or they will refer you to one of **many testing sites in Alexandria** or the region.

If you are screened in person, and the doctor determines you don't need a test, follow the guidance to care for yourself at alexandriava.gov/Coronavirus under "If You're Sick."

**All testing sites require screening, and most require appointments.** Testing is only appropriate for patients with symptoms of COVID-19. Testing sites that offer vehicle-side access always require screening and an appointment.

## 4 GIVE A SAMPLE

A test sample will be collected by a health care worker wearing personal protective equipment (PPE) like goggles, masks or respirators, gowns and gloves.

The sample will be collected by swabbing your nose or mouth, and the swab will be sealed and sent to a laboratory for testing.

## 5 RECEIVE RESULTS

You will be notified when the results are available and provide further guidance.

If you have COVID-19, you will receive further guidance to help protect yourself and others and to identify your close contacts.

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# ALEXANDRIAVA.GOV/CORONAVIRUS

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For questions about COVID-19, call the Alexandria COVID-19 Hotline at 703.746.4988, weekdays from 9 a.m. to 6 p.m. The Alexandria Health Department does not provide COVID-19 diagnosis or testing.